



RYA First Aid

Course Joining Instructions

Thank you for booking a course with BLYM. We hope you are looking forward to attending. In advance of your course, please read the following notes:

Our clubhouse is at Rickmansworth Aquadrome (Postcode: WD3 1NB) and you should park in the main Aquadrome Car Park (<https://blym.org.uk/club/find-us>). Please do not drive into the pedestrianised area of the park even if you find the gates open.

The **RYA First Aid** course starts at 09:00 and finishes at 18:00 (8 hours + 1 hour of breaks) – please arrive at 08:45 for a prompt start. Please let us know if you are going to be late, or if you unexpectedly must miss a part of the course, by telephoning BLYM on the day on 01923 772015.

The course requires no previous experience and, through a mixture of engaging audio-visual presentations, discussions and practical exercises (including the application of dressings and slings as well as the use of resuscitation manikins and other training devices), is designed to provide a working knowledge of first aid for all those who go afloat on inland waters or up to 60 miles offshore. The syllabus is based on the recommendations of the Health and Safety Executive (HSE) and the Maritime and Coastguard Agency (MCA).

The certificate fulfils the requirements for all RYA practical instructors as well as:

- The MCA Code of Practice for skippers of small commercial vessels up to category 2, including boat masters. For this requirement the additional CAT C Medical Stores element can be covered if required and, if it is, certificates will be endorsed as such
- A first aid certificate for offshore racers subject to World Sailing (formerly ISAF) regulations on first aid training (OSR: 6.05i)

By the end of the course, you should be able to:

- Perform CPR to current protocols, and understand the differential for drowning
- Understand the importance of the recovery position and modifications for a small space
- Apply direct pressure to a wound to control bleeding
- Understand/treat medical shock, including reference to internal and external bleeding
- Treat cold-water shock and hypothermia following immersion and/or exposure
- Recognise the signs of a reduced level of response, to include head injuries

You will also be made aware of the general treatment for: breathing difficulties, anaphylaxis, hyperthermia, chest pain, seasickness, diabetic emergency, fractures, seizures, burns. Also covered: first aid kits, getting radio medical advice and preparing for casualty evacuation by helicopter (medevac).

The latest version of the RYA First Aid book is included with this course as is the RYA First Aid certificate (upon successful completion). The certificate is valid for **3 years**.

The course is an intensive day with a short lunch break and there will therefore be little opportunity to leave at lunchtime. Tea, coffee and squash are available free of charge during the course. Snacks and confectionery can be purchased from the galley.

Bury Lake Young Mariners

Rickmansworth Aquadrome, Frogmoor Lane, Hertfordshire, WD3 1NB

Clubhouse: 01923 772 015 | Email: enquiries@blym.org.uk | Website: <https://blym.org.uk>

RYA First Aid

Course Joining Instructions



We hope that you have an enjoyable and stimulating course. Our instructors will keep you informed of your progress throughout the course, and if you have any questions or concerns do, please let us know at the time so we can respond. In case you have further queries, a range of frequently asked questions are available (<https://blym.org.uk/courses/faq>) along with the agreed registration terms (<https://blym.org.uk/terms-and-conditions>).

Looking forward to seeing you at BLYM soon,

David Ritchie

BLYM Course Administrator | Email: courses@blym.org.uk

Bury Lake Young Mariners

Rickmansworth Aquadrome, Frogmoor Lane, Hertfordshire, WD3 1NB

Clubhouse: 01923 772 015 | Email: enquiries@blym.org.uk | Website: <https://blym.org.uk>